



一月Jan 2023 BNOhub's Monthly Newsletter

A GLIMPSE OF WHAT 2023 HAS TO BRING...



Merseyside (Liverpool & Wirral) continues to prove itself as a top place to live in the UK, but don't take our word for it, here are some of the highlights including the arrival of some big names & profiles in 2023.

Gravity Liverpool ONE is set to be "A department store of fun".

The venue will be home to an adventure golf experience and bowling alley & modern food and drink provisions.

Red Brick Market From January 14, will be launching its new building at 70 Stanhope Street, featuring new retailers and a training school for people who want to set up their own business offering 2&3 day courses.

默西塞德郡（利物浦和偉盧）繼續表現到自已係英國最適合居住既地方，但唔好淨係相信我們講既說話，我地有一D實質證明，包括 2023 年將會有D大型活動及知名人士既到訪。

Gravity Liverpool ONE 將成為“充滿樂趣的百貨公司”。

該場地將提供高爾夫球體驗、保齡球以及售賣一D現代食物同飲品。

Red Brick Market由1月14號起，將會將Stanhope Street 70號 推出佢新既建築物大樓，包括新既零售商店同一間培訓學校，為想創業既人士提供 2-3 日既課程。

BRITISH OPEN GOLF



英國高爾夫球公開賽

2023 年將會唔偉盧Hoylake舉辦世界著名既高爾夫比賽，過去多年來泰格-伍茲同羅里-麥克羅伊都曾曾經參加過呢項比賽。一場精彩的體育賽事即將上演。

2023 sees the return of the world-famous golf competition at Hoylake, Wirral, which over the years has seen Tiger Woods & Rory McIlroy compete. A fantastic sporting event.

"World's Greatest Steeplechase"



"世界上最精彩既障礙賽"

源至 1839 年，Grand National 係一個為期 3 日既活動，經常有皇室成員同來自世界各地的騎師參加。觀眾都會盛裝打扮，感受時尚同熱鬧既氣氛。

Dating back to 1839, The Grand National is a 3 day event often attended by royalty, along with race-goers from around the world. Visitors dress up to enjoy the fashion-themed, atmospheric occasion.

ENGLISH CORNER 趣味英語



This new year, I've decided to turn over a new leaf, so I'm going to do a lot more exercise and get fit!

"To turn over a new leaf"

To start fresh, adopt a new approach.
重新開始，正向改變



Living in the UK affords us access to the staple meat fruit and veg we shouldn't take for granted. It can be easy to overindulge sometimes, so for the new year, let's start as we mean to go on. The following information will introduce ways to access health & fitness facilities in Merseyside,

黎到英國好食好住好，D肉又咁平，真係好容易就增多左幾磅。新一年，女士們一齊努力，減走脂肪，重拾迷人線條。下列會介紹在Merseyside做運動既好去處：

私人健身室 PRIVATE GYMS



大型連鎖品牌就有Total Fitness, Pure, JD Gyms, 有d獨立經營既，部分仲會開24小時，幾夜放工都唔怕。

政府體育設施 COUNCIL FACILITIES



利物浦 Liverpool: <https://lifestyles.liverpool.gov.uk/>
偉盧 Wirral: <https://activewirral.com/>

可以去番政府網頁買月票既健身會籍、Book唔同球類既場地、去運動場跑步、報名康體健身班等。如果GP醫生寫信轉介你去做運動，仲會再平D，而家有教練跟你住你一個12星期既療程。

戶外運動 OUTDOOR EXERCISES



其實Merseyside有好多大公園，可以散下步、踩單車，又有好多行山徑可以挑戰，真係處處都係運動既機會。嚴選初級路線如下：

利物浦 Liverpool:

Hale Park & River Mersey, 全長8km, 需時1h41m

Lydiat Loop, 全長8.7km, 需時1h47m

Carr Mill Dam, 全長2.9km, 需時52m

偉盧 Wirral:

Thurstaston Hill Circular, 全長5.3km, 需時1h18m

Tidal Footpath to Hilbre Island, 全長6.9km, 需時1h24m

Wirral Country Park Circular, 全長5.6km, 需時1h10m

一種身心靈魂既享受！

"HEALTHY BODY, HEALTHY MIND"係一句英國人經常用既短語，講出左對待身體好既好處。無論係繁忙既工作、過度放縱既飲食，定係忙碌一年後想要放鬆，一日既向護回水療都可以令你嘍 2023 年煥然一新，容光煥發。

我地好開心我地既贊助商之一 Thornton Hough Hotel & Spa 贊助一個積極既體驗。隨我們最近既資料日活動中，嗰個地攤攤左一份二人英式下午茶體驗。酒店座落咗歷史悠久既英國村莊 Thornton Hough, 係享受一日悠閒體驗既理想場所。水療日體驗為客人提供唔同既療程，包括泥漿療法、蒸汽療法、熱療法、紅外線療法、雪洞、豪華泳池以及室內同室外按摩浴缸。成個過程都令人放鬆身心。使用水療設施後，仲可以睇池邊酒吧同Lawns酒廊享用健康飲品同食物。如果您都希望以健康既方式開始新既一年，請瀏覽 thorntonhallhotel.com/spas/day-spa-packages.html



RELAX IN
OUR SPA

